

Weekly Menu

Week One

Monday

Morning Snack:
Bananas and apples

Lunch: Fish or Veggie pie with cheesy top,
served with green beans, broccoli sweetcorn

Pudding: Shortbread biscuits

Afternoon Snack: Rice cakes and cucumber
sticks

Late Snack: Baked beans on toast

Tuesday

Morning Snack: Pears and satsumas

Lunch: Cheese and onion quiche served with
new potatoes and salad

Pudding: Flapjack

Afternoon Snack: Cheese strips and grapes

Late Snack: Tomato soup served with
wholemeal bread

Wednesday

Morning Snack: Pepper and cucumber sticks
with houmous

Lunch: Chicken curry and rice, or Potato,
cabbage and lentil curry with rice served with
chapatis, cucumber and minty yoghurt

Pudding: Carrot cake or Vegan Carrot cake

Afternoon Snack: Mixed berries (strawberries,
blueberries, raspberries)

Late Snack: Bagels with strawberry jam

Thursday

Morning Snack: Melon and grapes

Lunch: Sausage or vegan sausage and
mashed potato, served with broccoli,
carrots and peas

Pudding: Parkin

Afternoon Snack: Carrot sticks and oat
cakes

Late Snack: Crackers and grated cheese

Friday

Morning Snack: Breadsticks with soft cheese and tomatoes

Lunch: Spaghetti bolognese - with meat free mince, served with sweetcorn

Pudding: Fruit yoghurts

Afternoon Snack: Apples and Grapes

Late Afternoon Snack: Pitta breads with tzatziki and pepper sticks

Weekly Menu

Week Two

Monday

Morning Snack:

Melon and apples

Lunch: Shepherds pie - with meat free mince, served with carrots and parsnips and onion gravy

Pudding: Ginger biscuits

Afternoon Snack: Cucumber sticks and hummus

Late Snack: Scrambled egg on toast

Tuesday

Morning Snack: Cheese slices and grapes

Lunch: Jacket potatoes with a choice of tuna, cheese and beans

Pudding: Treacle sponge and custard

Afternoon Snack: Apples and oranges

Late Snack: Fruit bread with soft cheese spread

Wednesday

Morning Snack: Mixed berries (strawberries, blueberries, raspberries)

Lunch: Chilli con carne or mixed bean chilli with rice served with sweetcorn

Pudding: Banana and Greek yoghurt

Afternoon Snack: Breadsticks with soft cheese and cherry tomatoes

Late Snack: Fish fingers and baked beans

Thursday

Morning Snack: Satsumas and grapes

Lunch: Vegetable pasta bake served with corn on the cob

Pudding: Ice cream (dairy free ice cream) and wafer

Afternoon Snack: Carrot sticks and oat cakes

Late Snack: Crumpets with marmalade

Friday

Morning Snack: Rice cakes and hummus

Lunch: Chicken or mixed bean casserole with dumplings

Pudding: Banana bread

Afternoon Snack: Pears and apples

Late Afternoon Snack: Turkey, ham or cheese sandwiches

Weekly Menu

Week Three

Monday

Morning Snack: Satsumas and Pears

Lunch: Roast chicken or meat free pieces with roast potatoes, carrots, swede, parsnips and onion gravy.

Pudding: Rice pudding and strawberry jam

Afternoon Snack: Mango and grapes

Late Snack: Tuna mayo sandwiches and cucumber sticks

Tuesday

Morning Snack: Melon and Grapes

Lunch: Fish fingers, mashed potato and baked beans

Pudding: Apple crumble and custard

Afternoon Snack: Rice cakes and hummus

Late Snack: Baked beans on toast

Wednesday

Morning Snack: Cheese slices and cherry tomatoes

Lunch: Sausage or mixed bean and vegetable casserole

Pudding: Blueberry muffins or Vegan blueberry muffins

Afternoon Snack: Apples and bananas

Late Snack: Vegetable soup with wholemeal bread

Thursday

Morning Snack: Bananas and grapes

Lunch: Mince or vegetable cobbler served with new potatoes, peas and sweetcorn

Pudding: Raisin flapjack

Afternoon Snack: Mixed berries

Late Snack: Tortilla wraps with hummus and pepper sticks

Friday

Morning Snack: Oranges and pears

Lunch: Beef or vegetable lasagna served with garlic bread and salad

Pudding: Pineapple upside down cake or vegan sponge cake with custard

Afternoon Snack: Apples and bananas

Late Afternoon Snack: Fruit bread with soft cheese spread

Weekly Menu

Week Four

Monday

Morning Snack: Apples and satsumas

Lunch: Tuna pasta bake, or vegetable and cannellini bean pasta bake with salad

Pudding: Jam sponge or vegan sponge cake and custard

Afternoon Snack: Cucumbers and carrot sticks with hummus

Late Snack: Ham or cheese sandwiches with cherry tomatoes

Tuesday

Morning Snack: Breadsticks with soft cheese

Lunch: Sweet and sour chicken served with noodles and stir fry vegetables

Pudding: Fruit yogurts or dairy free yogurts

Afternoon Snack: Pears and grapes

Late Snack: Pitta breads with tzatziki and cucumber sticks

Wednesday

Morning Snack: Melon and grapes

Lunch: Homemade cheese or vegan cheese and tomato pizzas (muffin base), served with potato wedges, peas and sweetcorn

Pudding: Lemon drizzle cake or vegan lemon drizzle cake

Afternoon Snack: Apples and bananas

Late Snack: Crumpets with grated cheese

Thursday

Morning Snack: Oranges and pears

Lunch: Sweet potato, chickpea and spinach curry served with rice, chapatties and mint yoghurt

Pudding: Apple pie and custard

Afternoon Snack: Rice cakes and hummus

Late Snack: Fish fingers or veggie fingers with baked beans

Friday

Morning Snack: Strawberries and oat cakes

Lunch: Toad in the hole - vegan sausages, served with mashed potato, carrots, swede and broccoli

Pudding: Fruit jelly and ice cream, Dairy-free ice cream

Afternoon Snack: Satsumas and grapes

Late Afternoon Snack: Vegetable soup served with wholemeal bread